

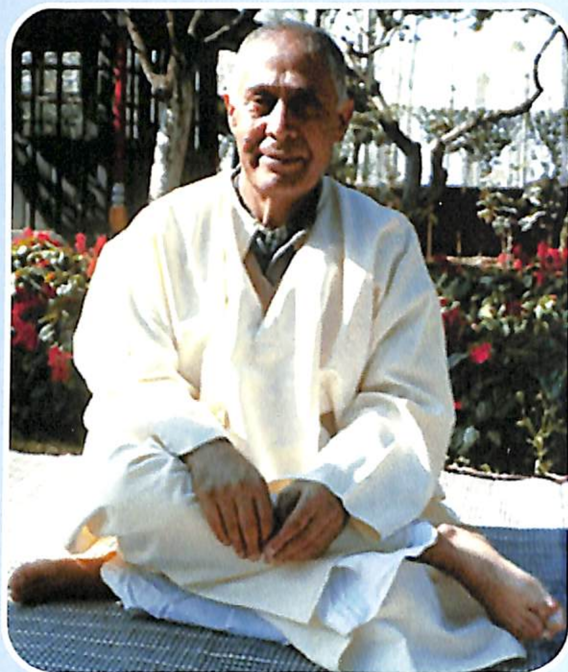
HARI CHINTANAM

श्री गुरवे शिवाय नमः

अस्त्यस्मिन्महसां महानिधिरसौ देवो विवस्वान् महान्
यस्मिञ्जाग्रति जाग्रतीव रजनीसुप्ता इमे जन्मिनः।
किन्त्वेका महती ततो विजयते श्रीदैशिकाङ्घ्रिद्युति–
र्यद्भासाच्छुरितं चिरन्तनतमो हित्वैव जागर्ति सत्।।

श्री गुरुस्तुतिः

ॐ



मोहः शान्तो गुरुवरमुखाम्नाय तत्त्वोपलम्भात्
मग्नं चेतः समरससमास्वादलोलं चिदब्धौ।
भावव्रातः प्रशममगमन्निर्विकल्पे समाधौ
सिद्धाभासः स भवतु हि में कोपि संविद्विकासः।।



I see your hand resting on my head
Directing my mind to gaze on you
In reverence I place my head on your feet
only to rest in your heart but always at your feet

Jai Gurudev

A-NOTE

For centuries and countless generations distinguished saints & seers of the status of Swami Lakshman Joo Maharaj have expressed their vision for the good of mankind in the form of words, spoken and written. Some of these priceless pearls have been brought down in the form of quotes in this booklet. These gems can provide satisfactory answers particularly to the queries relating to the role played by the consequences of an individual's deeds in the making of his destiny.

I do hope that the reader will find time to look into the contents repeatedly to find these beads providing new meaning, vigour and direction to life making it purposeful and complete.

Jai Gurudev

Date : 09-05-2013 **Pran Nath Raina**

Thus Spake the Great Grand Master

Swami Ram Joo Maharaj

श्री राम शैव (त्रिक) आश्रम

फतेहकदल–श्रीनगर

हरिरेव जगत् जगदेव हरिः हरितो जगतो न हि भिन्नमणुः।
इति यस्य मतिः परमार्थगतिः स नरो भवसागरमुत्तरति।।

आदौअन्ते चिद्रसरूपं मध्ये चिद्रस बुद्बुदरूपम्।
भातं भातं भारूपंस्यात् नो भातं चेन्नितरां न स्यात्।।



O Creator of this Universe,
Remover of sorrows and pain,
Giver of life and happiness,
We meditate upon They splendor,
O Worthiest of all!
Through thy Bharga,
burn our sins,
O Resplendent Self,
And guide our intellects
to perfection !

Beads of Liberation

SOME IMPORTANT QUOTES

ॐ Awareness is worship and offering is activity.

ॐ A man treading on God's path must develop and posses divine qualities consisting of fearlessness, purity of intellect, stable desire for God realization, charity and self restraint.

ॐ As is the food so is the mind.

ॐ Awareness is a recite to control.

ॐ Awareness is gate pass for liberation.

ॐ Awareness is to be developed and made permanent in all activities.

ॐ After achieving energy of will - yogis are free from limitations of space and time.

ॐ A man of pure knowledge becomes part of universal wheel.

ॐ All the organs can lead to God consciousness and the same can deprive you of that bliss.

ॐ Awareness can airlift you from the field of ignorance.

ॐ Awareness is a mantra recited by great yogis 21,600 times in a day.

ॐ Add things to attain knowledge and remove them to attain wisdom.

- ॐ Action is limited and always good or bad.
- ॐ Active effort hastens the intensity of meditation.
- ॐ All images get disturbed in rough mind. However, they appear again when the mind becomes calm.
- ॐ Awareness is key to help see Him in everything and help you love everything.
- ॐ All things animate and inanimate came into existence by a creative act of God. He willed and it happened.
- ॐ Abrupt separation and desperation can cause more problems and frustrate the purpose.
- ॐ All actions done with attachment, mental or physical-blind "I" consciousness.
- ॐ Activity leads to liberation.
- ॐ A man of eternal knowledge knows tricks of mind.
- ॐ Acceptance of fruit of actions is bondage.
- ॐ Accept God as a final goal and meditate on him without wavering in His faith.
- ॐ Be free from attachments as this alone can help you tread on this path to prepare a way to reach the highest.
- ॐ Be wide awake and dwell in God. His devotees never come to grief and never perish.
- ॐ Better to be careful, energy of illusion will create every disturbance. However, it is only master who can help remove all obstacles coming in the way.

- ॐ Be careful, there are energies to help you loose awareness. You are played to get entangled.
- ॐ Consciousness should remain conscious of consciousness only.
- ॐ Churning of this point awakens universal mother.
- ॐ Concentrate on one Lord, one truth & get liberated.
- ॐ Cast aside the demoniac qualities which lead to numerous bondages.
- ॐ Controlling makes it more violent. Mind is to be tamed with love.
- ॐ Continuity of reality is to be maintained repeatedly till death.
- ॐ Creation and destruction are always happening and that is action.
- ॐ Concentrate on one point as sunrays do not burn until brought to a focus.
- ॐ Communication with nature takes place in the finer moments of solitude. Down deep in the pit of windless calm to create power to penetrate deep into the heart of things.
- ॐ Continuous awareness is JAPA and it gets sharper and more sharper to make all mental movements fall quite including tremble and fear.
- ॐ Cosmic consciousness is omnipresent, omniscient, omnipotent-beginnningless and endless.
- ॐ Conscious thoughtless state of mind is called yog and its practice "yogic practice".

- ॐ Center of any two things is the door leading to God's House. There is no count of these centers.
- ॐ Creation, protection, destruction is the play of indestructible self.
- ॐ Creation, Protection and Destruction is "His" play.
- ॐ Devotion to God is the greatest strength to stay put with Lord Shiva - The universal consciousness.
- ॐ Don't control mind-allow it to go wherever it wants and enjoy but, bring it back to the point of meditation.
- ॐ Don't get disturbed. Be in the middle. Anything can happen any time. Meditate with love.
- ॐ Don't allow dark forces capture the mind.
- ॐ Desire discolours the intelligence.
- ॐ Don't allow yourself to become a toy of play in the hands of nature.
- ॐ Do not get lost - better reside in your own self.
- ॐ Disappearance of individual consciousness floods Yogi with the unparalleled nectar of bliss, that is Universal Consciousness.
- ॐ Do not get attached to outer impressions - see "Him" inside with great effort. You have to do it yourself as no one else can do it for you.
- ॐ Do not get swept away by the wild gusts of passion-control mind to stay away from stray smooth walks.

- ॐ Desireless actions lead to eternal knowledge and liberation.
- ॐ Don't forget that the situation one is placed today is the result effect of the cause related by one's own self in the past.
- ॐ Determination is key to success.
- ॐ Do not allow your mind to get lost in an unfamiliar territory.
- ॐ Destiny is the return gift of your actions.
- ॐ Don't blame others for your problems. They are created by you. You have designed your present destiny and fate. Present is permanent. Present is past and future. Entire creation lives only in the present. In other words, it is God who lives in the present. There is nothing other than present.

  Present is a unique reality of supreme movement. It is the modes of present actions that get us entangled in the wheel of repeated birth and death.
- ॐ A word of caution - not to get lost under the small temptations of yogic powers, remain away from them. They play their game to bring you down.
- ॐ Dirt of ignorance is the cause of destruction.
- ॐ Disinterested selfless action is the key to success.
- ॐ Don't get caught in the cobweb of perishable objects and attachment. Yes, run after everything but without attachment- for everything is to be given up while being in it.

ॐ Evolution and innovation leads to inspiration.

ॐ Expand your awareness to mingle in the expanse of all the three states.

ॐ Everything that you experience is written by you for yourself - why blame others.

ॐ Experience makes man wiser and humble.

ॐ Everything animate and inanimate is "His" manifestation.

ॐ Every particle is different from others and that is the mystery of this cosmic constitution.

ॐ Every particle in this universe is Shiv- and that is universal consciousness.

ॐ Everything has emerged from the formless invisible God, but His field of activity is visible everywhere in this nature created by His will for His own self.

ॐ Expand your awareness to mingle in the expanse of all the three states.

ॐ Ego is attachment of me and mine, the sole cause of creating dark clouds around.

ॐ Forget the gloomy and pleasant thoughts of the past. Feed the mind with the lofty thoughts of the present to make future known and certain.

ॐ For a great yogi all the states are one with supreme bliss of awareness.

ॐ Follow the call of duty.

- ॐ For instant result, concentrate on energy of will.
- ॐ Good action - Bad action, Joy - Sadness, Riches - Poverty, Profit & Loss and so on and so forth, riveted by SATOGUN- RAJOGUN-TAMOGUN are the instruments of bondage i.e. Birth and Death.
- ॐ God the creator is also a savior.
- ॐ God's grace alone bestows Eye-of-wisdom to see the truth as only truth can liberate a person and nothing else.
- ॐ Guru-Bhakti (service to master) is the foundation of spiritual development.
- ॐ God is cosmic energy and His creation is cosmic play.
- ॐ Gaze and catch that point of union and be determined to make it permanent.
- ॐ Grace of master only helps maintain continuity of awareness - otherwise it is impossible.
- ॐ God consciousness is eternal and always present- one has just to be aware of it to realize it.
- ॐ Great yogis continue to strengthen the power of their awareness. They become just like Lord Shiva and whatever they think and will - comes true.
- ॐ Helping hands are better than praying lips.
- ॐ Holding capacity of the heart is immeasurable.
- ॐ He supplies air and rain and lives in the state of excellence.

- ॐ His presence radiates spiritual sparks everywhere - is very near and yet far away.
- ॐ He is energy full of dazzling effulgence and His revealing nature exists everywhere.
- ॐ Hold thoughts and divert them towards nature as nature is everything in all the works that exist.
- ॐ His revealing nature exists in everything.
- ॐ His play remains always in movement and turbulence - stability word does not exist in the dictionary of His field.
- ॐ He and the nature that He has created are only one. He is Shiv and External Being. His external being in the form of nature is shakti.
- ॐ Humility creates a valley of bliss and egoism creates a valley of destruction.
- ॐ He is hiding in you and meditation is the only way to reach Him.
- ॐ I have nothing to offer you for everything belongs to you.
- ॐ I consciousness operates in the field of 36 elements. One has to reap the harvest of seed of actions as sown in this field. It is in this field of nature that duality predominates. This is the cage we are placed in.
- ॐ I consciousness is beyond Karma(action). It is body, mind and ego which kill and get killed as per play of gunas.

- ॐ It is will, knowledge and action that descends to the field of this universe, creating disturbance, dark ignorance and entangle one with limitations again & again. This is part of His play and very difficult to conquer.
- ॐ Inner struggle between right and wrong- often torments the thinker.
- ॐ Individual "I" becoming one with the Universal "I" is supreme knowledge of that bliss.
- ॐ In this universe there are only two aspects found- The energy and energy holder. Energy of illusion carries you away from the reality of self. Conquer the field of the illusion to help make observed and observer become one.
- ॐ It is in all collective effort of organs to prevent you see reality of yourself.
- ॐ Ignorance is bondage and pain, whereas awareness is joy and liberation.
- ॐ It does not matter how slowly you go as long as you do notstop.
- ॐ In order to realize "who am I" blast the fundamental idea that I am this mind and body and look for a master to help you find solution to the mystery of this existence.
- ॐ Inactivity or activity seeking fruit of activity leads to bondage.
- ॐ It requires proactive contact to remember Him from moment to moment.

ॐ If you risk nothing, then you risk everything.

ॐ In the organs of senses there is continuous war going between right and wrong. Don't take any side; just be a witness to it. Follow middle path.

ॐ It is easy to get into the pit of mud but difficult to come out of it.

ॐ Judgment is always wrong when imagination is out of focus.

ॐ Jeev - the individual consciousness can not be seen. But it is more powerful than body and mind.

ॐ Knowledge is a progressive discovery of your own ignorance.

ॐ Kill this "I" to know real "I".

ॐ Know that this universe is meant for your upliftment as He is always present to lift you.

ॐ Love God and his mercy will ensure your efforts do not go waste because it is in His nature to see His disciples do not perish.

ॐ Lord Siva is desire less entity present in everything. Dismantle mental cage- and see Him everywhere and in everything. He is creator, sustainer and destroyer of all that we see.

ॐ Love of God instantly provides bliss.

ॐ Lord Siva is luminous universal consciousness with self reflection as its intimate character.

- ॐ Lord Siva is always in movement. He is the embodiment of movement. This is why everything is in movement.
- ॐ Lord Shiva's energy of will is one with Shakti. They are not separate. Yogi's also get merged with this energy of Lord Shiva.
- ॐ Love beautifies everything that it touches to create miracles and this is His field and it can never diminish.
- ॐ Life is pilgrimage to learn through the language of loving discipline.
- ॐ Live in action as this only does not bind one to the Law of Karma.
- ॐ Live in the eternal kingdom of God and enjoy life of eternal bliss and knowledge.
- ॐ Let the mind be attentive to ones utterances to let thought and mind correspond.
- ॐ Lord Siva is cosmic consciousness and cosmic energy. They cannot be separated.
- ॐ Man is bound down by the Law of "KARMIC" cause and effect.
- ॐ Mind is said to be restless mischievous monkey.
- ॐ Maintain break less awareness of that universal cause with your breathing movement.
- ॐ Meditation calms down restless nerves of the mischievous mind.

- ॐ Material knowledge, ignorance and free will is bondage.
- ॐ Make it a habit to live with awareness of breathing movement-the field of action gets more and more glorified.
- ॐ Man lives when he lives for others.
- ॐ Master can help you in the process but he cannot do it for you.
- ॐ Mind is more powerful than the body.
- ॐ Man is spark of cosmic consciousness - not body and mind only.
- ॐ Man is caught in the cage of body and mind combination - forgetting its true identity- that is - individual consciousness.
- ॐ Merger of Jeev (Individual Consciousness) with Shiv (Cosmic Consciousness) is "Yog" and is only possible through this human frame - Do not allow it to go waste.
- ॐ Maintain continuous attention in the process of action and act in the product of action. This is the catch and this is the trick.
- ॐ Man of knowledge quickly renounces fruit of his actions- because he never desired them.
- ॐ Meditation leads to awareness and awareness leads to meditation.
- ॐ I & mine germinate ego.
- ॐ Mantra is to be recited with consciousness.

- ॐ Mother is the center of all mantras.
- ॐ No one can exist without activity.
- ॐ One in a million may be found who has in his heart what he has on his lips.
- ॐ One has to move on mountain path to experience mountain path.
- ॐ One thing is certain that a flower once blossomed for ever dies.
- ॐ One pointed joy is experienced by yogis with amazzement as thereafter they are liberated from the path of repeated.
- ॐ One pointed joy is experienced by yogis with amazement as thereafter they are liberated from the path of repeated birth's & deaths. Cycle comes to an end.
- ॐ Ordinary individuals get frustrated in life due to non-fulfillment of their desires and expectations but yogis enjoy because they do not live in mind-mind lives in them.
- ॐ Organs are spectators and know that whatever happens in this world is just a play. Allow self to remain at one place to witness this play to seek universal independence with great reverence.
- ॐ Purification of the path is a continuous process till final liberation.
- ॐ Put everything aside and run to take a dip in the nectar of universal bliss.

- ॐ Presence of God consciousness in a purified mind is mantra-and it gets filled with bliss.
- ॐ Parents are equal to more than thousand teachers.
- ॐ Prayer requires your mind and heart - not your tongue.
- ॐ Perseverance is a great relevant of success, if you knock long enough and loud enough, you are sure to wake up somebody.
- ॐ Peace brightens the light of happiness.
- ॐ Prakriti and Purusha create this world and its one name is Siva.
- ॐ Past is gone - future you don't know, therefore live in permanent present. Living in present teaches cause of past and future. Learn to live in present. Indeed, very difficult and needs practice with full awareness
- ॐ Put all efforts to tame mind and its waves- you will succeed; bring it under control to live in the present.
- ॐ Present is a unique reality of supreme movement.
- ॐ Remember that God is as close to you as thought. Remember Him and He is with you- but not that easy -ego will not allow you to surrender and nothing can be achieved without self surrender.
- ॐ Remember God always in every action and He will take care of the rest. Remain pure and attached.
- ॐ Resign from the membership of three gunas and your actions become means to attain "Lord Siva"

- ॐ Real problem is to find a way to know this self - Individual Consciousness which is birthless and deathless. But "I" ego has developed around thinking "I am the body"

- ॐ Remain fully aware in the state of pure knowledge and do not allow consciousness to decline.

- ॐ Remember that all that you do the benefits and or the result is only meant for you.

- ॐ Remain alert and conscious - give full freedom to play of senses-show total disinterest -bring senses back -give a start to process of detachment. You become aware of the burden and start throwing them one by one consciously through repeated meditation. Remain fully aware in the state of pure knowledge and do not allow consciousness to decline.

- ॐ Religion is a way of life to be experienced with Universal Consciousness.

- ॐ Renunciation, knowledge, action, direction, peace and bliss are all of three types/qualities. This is beginning less and endless. One has to become worthy and understand this knowledge only through the mercy of the Lord and therefore work preaching the glory of His name.

- ॐ Reality exists in that universal state where there is no pain and no pleasure -but only bliss.

- ॐ Saivism stands for progress be it material or spiritual. The trick it teaches is to get rid of and live beyond the ambit of Gunas.

- ॐ Shiva and Shakti are inseparable.
- ॐ Stop mental movements and enjoy all the movements.
- ॐ Shoot sparks of awareness one after the other to make churning of the point act in deeper silence of bliss.
- ॐ Self is beyond creation and destruction.
- ॐ Silence is a key to self surrender and this will help live in a state of complete independence.
- ॐ Small minds discuss people, Big minds discuss events,

  Great minds discuss ideas & Greatest minds act in silence.
- ॐ Silence cannot be manipulated.
- ॐ Sovereign energy is one and is called sovereign awareness.
- ॐ Self surrender should be motivated by one's own wisdom and strength and not weakness.
- ॐ Serve the Lord in the shape of poor, diseased and the sinner.
- ॐ Spirituality is based on Law of love.
- ॐ The universe is composed of 36 elements.
- ॐ The offering is a food that satisfies the hunger.
- ॐ The Pose and deposition of mind held at one place firmly is a walking stick that is made to serve as a seat for the realization of truth anywhere and

everywhere. Remain seated in that posture effortlessly.

- ॐ The field to activity is dominated by cause & effect relationship.
- ॐ The three qualities are the greatest binding force. A true aspirant disowns and discards these three qualities as they all act to be hindrances in the final spiritual evolution of man.
- ॐ The aim should be to lead a life of simplicity, reciting the name of God and purification of mind on the basis of constant witnessing.
- ॐ This world is a recreational amusement park. Do not get attached to it, simply watch & become a part of this play with full awareness.
- ॐ The great yogis established in God consciousness live like flame in fire and keep on performing their routine work.
- ॐ The universe is the embodiment of innumerable collective energies of yogi's own self and to get liberated he has to play in the field of these innumerable collective energies.
- ॐ To detach mind from everything, enjoy everything.
- ॐ Three waves of Prakriti do not disturb a person of awareness.
- ॐ The activity of Lord Siva is to create and destroy and likewise to destroy to create. Always active, never likes to sit idle.

- ॐ Train mind to remember Lord through the cosmic symbol of "OM". This is yet another surest way to get liberated.
- ॐ This false "I - ego" is to be killed to know self as it keeps man in bondage to suffer for all times to come. Ignore it and it gets killed.
- ॐ Total faith, perfect surrender and extreme devotional service alone can help a person to get liberated.
- ॐ The secret of worship is to feed and serve others. Blessed are you if you are able to serve.
- ॐ To remain in the state of awareness is my religion.
- ॐ This world is a play ground.
- ॐ The biggest enemy is past success.
- ॐ The purpose is to cross boundaries of limitation.
- ॐ Truth brings light and generates sense of duty and guides to do a right thing.
- ॐ Transcend the influence of Law of Karmas.
- ॐ The Great yogi's maintain dominion over all destructive energies. They do not play with him. Instead he plays with them and keeps them at bay and shares their pure knowledge with others.
- ॐ The most fundamental principle of this creation is Love. The great yogi's also discard and do not own that which is to be discarded. He is aware and knows what is right and wrong.

- ॐ The awareness of God consciousness should be infused in everything and then see how the energy of absolute independence works.
- ॐ The accomplished yogi's cannot be carried by anybody because they are themselves born carriers, as they always remain eternally centered in their state of God consciousness.
- ॐ The internal awareness gets lost with worldly pleasures and thus gives rise to pain and sadness.
- ॐ Universal Energy and Lord Siva always remain together. They cannot be separated. They are one. This one takes many formations through the energy of will. It is will, knowledge and action that descends to the field of this universe to create disturbance, dark ignorance and entangle one with limitations again and again. This is part of the play in this field and very difficult to conquer.
- ॐ Universal action taken with the support of universal knowledge is an independent action.
- ॐ Universal consciousness is one's own nature and its absolute independence is its liberation from the play of Lord Shiva that is to conceal himself to find himself.
- ॐ Universal consciousness is store house of will.
- ॐ Universal dance is a continuous process and you are an actor in this field of drama.
- ॐ Will can be invoked through the power of Universal energy.

- ॐ We are all borne divine to manifest this divinity within.
- ॐ When all agitations end, then the state of Lord Siva comes into being.
- ॐ When everything is offered in the fire, God consciousness is revealed.
- ॐ Worldly pleasures take away everything therefore great yogis being aware of their self enjoy them without getting divested towards these worldly pleasures.
- ॐ World attachment grows very fast facilitating body and mind to rule your state. We are bound down by the Law of Karmic cause and effect.
- ॐ Whatever yogi desires, it happens. It is neither magic nor a miracle. But His will.
- ॐ When riches take wings - comforts vanish.
- ॐ Well founded happiness is always permanent.
- ॐ Watch the point - that is pause of silence. Let mind venture in these high seas of nothingness.
- ॐ With realization of God - activity remains the same as before. Witness all dark forces. Starve and discard them with full awareness. The result of all actions done in this process does not have any binding effect. Act as a duty with conscious feeling of detachment towards all actions.
- ॐ Wise remain always in the state of alertness and see Him in every situation.

- ॐ What a great escape route is provided in this field of play. One centre of duality. You have just to be aware of this centre.
- ॐ Wavering mind robs man of the wealth of spirituality.
- ॐ Your own actions hold your future as one has to reap what he sows. Therefore everything that you experience is written by you for yourself - why blame others.
- ॐ Yoga is the knowledge that brings one nearer to the God.
- ॐ Your work will help you to be calm, study, free from thought currents good and bad and make you float in waveless sea of bliss.
- ॐ Yogis live in seclusion of "I" consciousness and thus destroy the great illusion of duality.
- ॐ Yogis enjoy to float with many currents rising in the great ocean of universal consciousness.

x x x

Asatho maa sath gamaya
Thamaso maa jyothir gamaya
Mruthyor maa amrtham gamaya
Om Shanthi! Shanthi! Shanthi !

Mystical Verses of Mother Lallesvari

ग्वरस प छ़ोम सासि लटे
यस न् केंह वनान तस क्याह नाव।
प छ़ान प छ़ान थचिस त् लूसस
केंहनस निशि क्याहताम द्राव।।

क्याह कर पाच़न दह्न त् काहन
वोक्षुन यथ ल्यंजि करिथ यिम गय।
सांरिय समह्न यथ्य रज़ि लमह्न
अद् क्याज़ि राविहे काहन गाव।।

ये ग्वरा परमीश्वरा
बावतम च़्यं छुय अन्तर ब्योद।
द्वशिवय वोपदान कंद–पुरा
हुह कव् त्रुन त् हाह कव् तोत।।

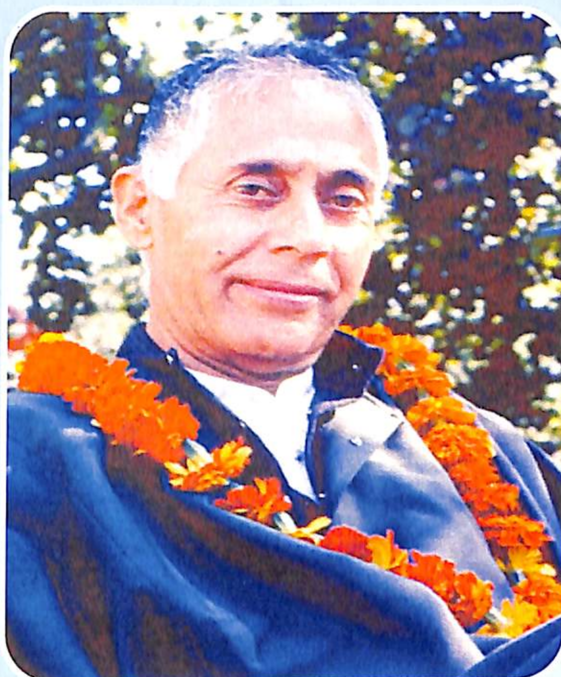
रुत त् क्रुत सोरुय पज़्यम
कनन न् बोजुन अंछयन न बाव।
ओरुक दपुन यलि वोन्दि वुज़्यम
रंत्नदीप प्रज़ल्यम वरज़नि वाव्।।

दिहचि लरि दारि–बर त्रेपुरिम
प्राण चूर रोटुम त ध्युतमस दम।
हृदयिचि कूठरि अन्दर गोंडुम
ओंमुकि चोबुक् तुलिमस बम।।

अन्दर आंसिथ न्यबर छ़ोन्डुम
पवनन रगन करनम सथ।
द्यान् किनि दय ज़गि कीवल ज़ोनुम
रंग गव संगस मीलिथ क्यथ।।

गगन च़ांय बूतल च़ाय
च़ाय छुख द्यन पवन त् राथ।
अर्ग च़न्दन पोश पा ा च़ांय
च़ांय छुख सोरुय त् लांगिज़िय क्याह।।

Lord of my hearts temple



Ishwar Swaroop Swami Lakshman Joo Maharaj
Ishber Nishat, P.O. Brein, Srinagar, Kashmir-191121.

I take this opportunity to seek forgiveness from you for any of my lapses, omissions and commissions either by thought, speech or action, which I might have committed knowingly or unknowingly.

Pran Nath Raina



Can be had from :

Pran Nath Raina

104/17, Silver Oaks, DLF Phase-I,

Gurgaon-122 002 (Haryana)

Tel. : 0124-2564396

Mob. : 9871733119

E-mail : pn39raina@yahoo.com

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